



**What Is My Child Learning?**

Your child is learning to follow the Always Ask First Rule. He or she is practicing asking a parent or person in charge before going somewhere, doing something, or taking something from someone else.

**Why Is It Important?**

Always asking permission first helps your child to stay safe, and it lets you or the person in charge know what your child is doing.

**Ask your child: What is the Always Ask First Rule?**

**Read Together**

The Always Ask First Rule is: Always ask a parent or the person in charge first. Follow this rule every time:

- Someone asks you to go somewhere, like a friend’s house after school
- Someone asks you to do something, like playing a game on a phone
- Someone wants to give you something, like some candy or a new toy
- You’re not sure if something is safe

Following this rule will help you stay safe.

**Practice Together: Asking Assertively**

1. Talk with your child about how to ask assertively: Stand up tall, with your head and shoulders up. Speak in a strong, respectful voice. Use respectful words to ask.
2. Practice asking assertively: When your child needs to ask you something, encourage him or her to ask assertively. When you need to ask your child something, ask assertively. Encourage your child to help you remember to be assertive, just like you help him or her.
3. Work together to create a list of activities your child does every day (for example, household chores and going places with friends). Discuss each activity and decide together whether your child needs to ask an adult before doing it.

Activity	Ask First?	Activity	Ask First?
Taking out the garbage	No		
Going to a friend’s house	Yes		

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)